

**Full Report (All Nutrients) 32013, Potsticker or wonton, pork and vegetable, frozen, unprepared**

Report Date: December 05, 2015 18:13 EST

Nutrient values and weights are for edible portion.

**Food Group : Meals, Entrees, and Side Dishes****Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	5.0 pieces 1 serving 145g
<b>Proximates</b>					
Water	g	70.94	--	--	102.86
Energy	kcal	136	--	--	197
Energy	kJ	568	--	--	824
Protein	g	8.28	--	--	12.01
Total lipid (fat)	g	5.52	--	--	8.00
Ash	g	1.99	--	--	2.89
Carbohydrate, by difference	g	13.28	--	--	19.26
Fiber, total dietary	g	1.4	--	--	2.0
Sugars, total	g	2.76	--	--	4.00
<b>Minerals</b>					
Calcium, Ca	mg	28	--	--	41
Iron, Fe	mg	0.74	--	--	1.07
Magnesium, Mg	mg	21	--	--	30
Phosphorus, P	mg	127	--	--	184
Potassium, K	mg	284	--	--	412
Sodium, Na	mg	441	--	--	639
Zinc, Zn	mg	1.67	--	--	2.42
Copper, Cu	mg	0.034	--	--	0.049
Selenium, Se	µg	17.7	--	--	25.7
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	8.3	--	--	12.0
Thiamin	mg	0.367	--	--	0.532
Riboflavin	mg	0.127	--	--	0.184

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	5.0 pieces 1 serving 145g
Niacin	mg	2.236	--	--	3.242
Pantothenic acid	mg	0.340	--	--	0.493
Vitamin B-6	mg	0.248	--	--	0.360
Folate, total	μg	18	--	--	26
Folic acid	μg	0	--	--	0
Folate, food	μg	18	--	--	26
Folate, DFE	μg	18	--	--	26
Choline, total	mg	52.4	--	--	76.0
Vitamin B-12	μg	0.26	--	--	0.38
Vitamin B-12, added	μg	0.00	--	--	0.00
Vitamin A, RAE	μg	5	--	--	7
Retinol	μg	1	--	--	1
Carotene, beta	μg	45	--	--	65
Carotene, alpha	μg	0	--	--	0
Cryptoxanthin, beta	μg	0	--	--	0
Vitamin A, IU	IU	78	--	--	113
Lycopene	μg	0	--	--	0
Lutein + zeaxanthin	μg	21	--	--	30
Vitamin E (alpha-tocopherol)	mg	0.25	--	--	0.36
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	μg	0.2	--	--	0.3
Vitamin D	IU	10	--	--	14
Vitamin K (phylloquinone)	μg	55.0	--	--	79.8
<b>Lipids</b>					
Fatty acids, total saturated	g	1.724	--	--	2.500
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.009	--	--	0.013
12:0	g	0.002	--	--	0.003
13:0	g	0.000	--	--	0.000
14:0	g	0.071	--	--	0.103
15:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	5.0 pieces 145g
16:0	g	1.043	--	--	1.512
17:0	g	0.000	--	--	0.000
18:0	g	0.553	--	--	0.802
20:0	g	0.001	--	--	0.001
22:0	g	0.001	--	--	0.001
24:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	2.519	--	--	3.653
14:1	g	0.000	--	--	0.000
15:1	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.166	--	--	0.241
17:1	g	0.000	--	--	0.000
18:1 undifferentiated	g	2.276	--	--	3.300
20:1	g	0.040	--	--	0.058
22:1 undifferentiated	g	0.000	--	--	0.000
24:1 c	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.782	--	--	1.134
18:2 undifferentiated	g	0.684	--	--	0.992
18:3 undifferentiated	g	0.057	--	--	0.083
18:4	g	0.000	--	--	0.000
20:2 n-6 c,c	g	0.000	--	--	0.000
20:3 undifferentiated	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.021	--	--	0.030
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:4	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	17	--	--	25
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0